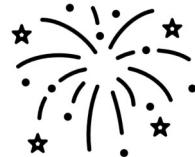




Park Lane Surgery

8 Park Lane, Broxbourne, Hertfordshire, EN10 7NQ



January 2026

Happy New Year!

🔔 Practice Updates

Opening Hours Reminder: We will be closed on New Years Day.

Carers Questionnaire: Please complete the carers questionnaires sent out in text messages so we can provide the right support to you as a carer.

💡 Health Tips

Feeling stressed? You're not alone. Caring for others can be rewarding but also overwhelming at times

Managing Stress and Anxiety for Dementia Carers

Tuesday 6th January 2025 6pm-8pm

Understand how stress and anxiety can affect you as a carer of someone living with dementia + Explore evidence-based strategies for managing stress and anxiety.

Reserve your spot at www.carersinherts.org.uk/events

Mental Health Matters: Feeling low? Our team can help. Ask about our mental health support options.

📊 Patient Feedback from December 2025:

'I would just like to put on record the excellent service I have recently received from everyone at the surgery park lane practice, in particular the reception staff and the practice nurse and health care assessment. They have all always been helpful and cheerful'

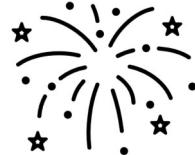
'Cannot Thank H and Dr Wood for their help and understanding with my dad yesterday. They have been fantastic with my mum & dad (both 86) and indeed my own family. I could not ask for a better service from a GP surgery.'

'I had appointment with the nurse Emily and she is a wonderful lady to interact with. Not only she checked me but she had a friendly conversation with me to update my knowledge. Park Lane Surgery doctors and staff are very helpful and friendly. I haven't had any issues with my appointments so far and as mom for two i feel so lucky to have the surgery within the walking distance.'



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FAQ:

How do I book an appointment on behalf of the person I care for?

If you have proxy access set up, you can complete the 'I have a health problem' form via the NHS app, on behalf of the person you are caring for.

You can go on our website and go to 'contact us online' followed by 'I have a health problem'. It will then ask you if you are filling the form in for yourself or someone else – you can select 'someone else' and then enter their details and yours.

Alternatively, you can call us and we can complete this for you. It is important that you have consent to share, please see the December 2025 newsletter for more information on this.

Can carers attend consultations?

Yes, carers are welcome to attend appointments if the patient agrees. It's helpful to let the GP know you are the carer so they can involve you appropriately in the discussion.

January 2026 Carers Events

Organised by Carers in Hertfordshire

Hoddesdon Hub

 Wednesday 30th January 2026, 10:30am – 12:30pm

 Hoddesdon Baptist Church, Burford Street, Hoddesdon, EN11 8HX.

Looking After Your Emotional Wellbeing

 Tuesday 27th January, 10:30am – 1pm

 Allum Hall & Manor House, 2 Allum Lane, Elstree, Borehamwood WD6 3PJ, UK

Ware Bereavement Group

 Tuesday 13th January 2026, 10am - 12pm noon

 The King's Mead, Hertford Road, Ware, SG12 9LE

Carers Information Café

 Wednesday 14th January 2026, 10:30am – 12pm

 Laura Trott Leisure Centre, Cheshunt, EN8 9AJ

Carers' Group (Evening Session)

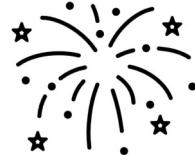
 Wednesday 14th January 2026, 7pm – 8pm

 Online Event



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Carers' Group (Morning Session)

 Friday 9th January 2026, 10:30am – 11:30am

 Online Event

Men's Carers' Support Group

 Tuesday 20th January 2026, 10.30am - 11.30am

 Online Event

Information from Alzheimer's Society:

Together group

10:00 - 12:00, every Thursday at Royal British Legion, 37 Crossbrook Street, Cheshunt, Broxbourne, Hertfordshire, England, EN8 8LY, United Kingdom.

Chat to people with dementia, their carers, family and friends at our friendly and relaxed dementia café. You can ask questions, share your experiences and get the help, advice and information you need.

Contact central.herts@alzheimers.org.uk or 01279 427522 for more information.

Information from Memory Support Hertfordshire:

Cheshunt Memory Hub

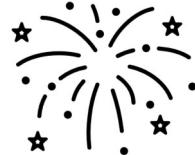
Are you forgetful? Are you worried about memory loss? Are you living with dementia or caring for a loved one who is? We offer companionship and support at the Cheshunt Memory Hub.

Location: Upstairs in the bar area, Laura Trott Leisure Centre - the last Friday of the month from 10.30am - 12pm



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Some local support details:

HertsHelp –

A county-wide service ordering advice, emotional support, and practical help for carers. They can connect people with local groups and funding options.

0300 123 4044

info@hertshelp.net

Carers in Hertfordshire –

A charity that supports unpaid carers with training, advocacy, and peer support groups. They often run events and workshops in the Broxbourne area.

01992 586969

<https://www.carersinherts.org.uk/about-us/>

Citizens Advice Broxbourne

Provides free, confidential advice on benefits, housing, debt, and legal matters — all of which can be especially helpful for carers.

0300 303 4417

www.citizensadvice.org.uk

Carers UK and Carers Trust

Both provide expert advice, advocacy, and online resources for carers across the UK. They often collaborate with local services.

Carers UK: 020 7378 4999 Carers Trust: 0300 772 9600